

## HEALTH & SAFETY

Health and Safety for workers and site residents is a major component of the Institutional Controls Program (ICP). Anytime construction projects uncover contaminated soil or dust it is important that precautions be taken to reduce the potential for exposure to people. **Remember**

**Lead is taken into the body in two ways.**

**By:**

**1. SWALLOWING IT** - in lead contaminated dirt, dust or paint . . .

*or*

**2. BREATHING IT** - inhaling air contaminated by lead dust.

Realizing that lead is prevalent in your environment allows you to manage your activities so contact is minimized. Past programs in the Silver Valley have proved to be extremely effective in reducing contact with lead.

To avoid exposure while conducting home remodeling projects follow the advice listed in the Building Renovation-Interior Projects and Interior Projects brochures provided by Panhandle Health District.

While working on projects that require excavation or grading, we recommend you:

- Avoid hand to mouth activities while working in or around soil and dust. These include smoking, chewing tobacco or eating.
- Wear coveralls when working with soils and dust.
- Launder dirty coveralls and other garments separately from other household laundry. Soiled clothes should be stored in a plastic bag.
- Boots should be brushed off or washed prior to leaving the work site or entering the house.
- Avoid exposing yourself or others, especially young children or expectant mothers to contaminated soils, dust,

clothing, tools, etc.

- Control dust by wetting soils prior to digging - do not over wet.
- Control soil erosion.
- Wash your hands thoroughly prior to eating.
- Shower or bathe as soon as you have completed the project or quit for the day.

### OTHER PAMPHLETS AVAILABLE:

Institutional Controls Program  
Barrier Option Plan  
Soil Disposal  
Large Projects - Exterior  
Small Projects  
Contractor Licensing  
Building Renovation-Interior Projects  
Interior Projects  
Building Demolition

For more information contact:

Panhandle Health District  
114 W. Riverside Ave.  
Kellogg, ID 83837-2351

Phone 208-783-0707  
FAX 208-783-4242